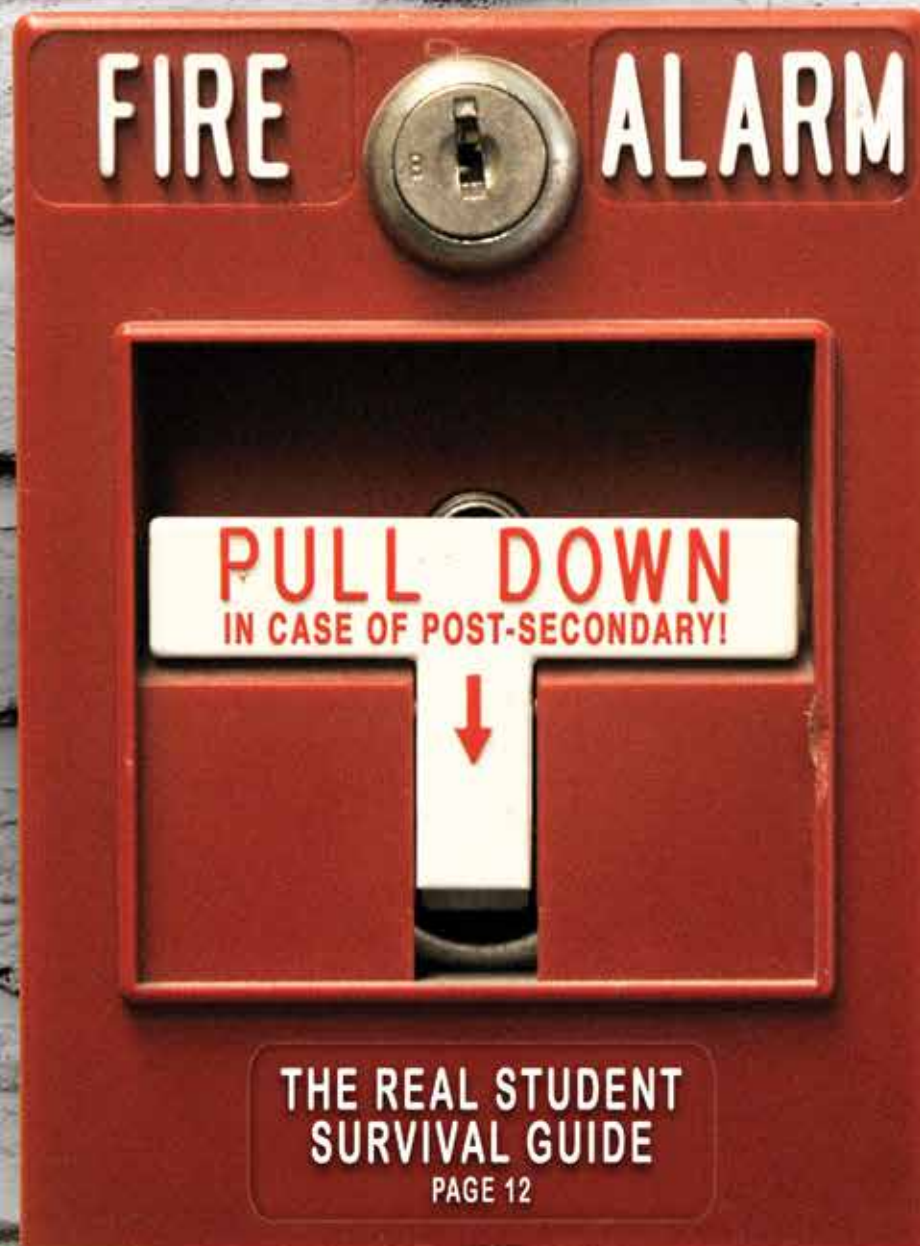


The Other Press.

Volume 39

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Issue 01



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A dream is a wish Douglas College makes

LETTITOR.

By **Sharon Miki**
Editor in Chief

It's officially back to school season at Douglas College. Everywhere I look, people are lining up: whether it be to buy their glossy new textbooks (wrapped in cellophane to preserve their wisdom until they're cheerfully unwrapped in a panicked exam-cram session come late November), to begrudgingly pay their tuition fees, or to

purchase extra-large coffees in preparation for the study-filled days to come.

And, for the first time in a long time, I'm not a part of those line-ups.

I graduated from the Print Futures: Professional Writing program last spring, and put my academic hat on a shelf between my dancing shoes and my fancy pants. So, this fall is the first time in nearly 10 years that I won't be part of the back to school rush—and, while I'm

a little bit sad to be left out, I'm also thrilled to be literally living my dream life as a freelance writer and editor.

The reason I spent so many years in school

so soulless) jobs to support my significant others, and I put off my real career because my friends said it was unrealistic and that Carrie Bradshaw's life

So, students, as your bright faces fill the hallways, I wish you all the best of luck for the 2012/2013 school year. No matter how hard it gets (and, let's face it, it probably won't be easy), I hope you persevere and, most importantly, enjoy yourself. In the long run, work will take up more than half your life—so fight to learn how to do what you love.

But, then again, what do I know?

“*In the long run, work will take up more than half your life—so fight to learn how to do what you love.*”

is that I wasted a long time trying to do things for other people: I went to university for my parents, I had a series of high-paying (but

was a fairy tale.

Well, Douglas College ain't no Magic Kingdom, but it is a place where dreams come true.

The Other Press.

DOUGLAS COLLEGE'S
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SINCE 1976

Room 1020 – 700
Douglas College
Royal Avenue

New Westminster, BC
V3L 5B2
T: 604.525.3542

EDITOR IN CHIEF
Sharon Miki
editor@theotherpress.ca

ASSISTANT EDITOR
Jacey Gibb
assistant@theotherpress.ca

BUSINESS MANAGER
Angela Szczur
accounting@theotherpress.ca

PUBLIC RELATIONS MANAGER
Stephanie Trembath
publicrelations@theotherpress.ca

DISTRIBUTION MANAGER
Chris Paik
distribution@theotherpress.ca

NEWS EDITOR
Dylan Hackett
news@theotherpress.ca

ARTS EDITOR
Angela Espinoza
arts@theotherpress.ca

LIFE & STYLE EDITOR
Laurel Borrowman
lifeandstyle@theotherpress.ca

OPINIONS EDITOR
Natalie Serafini
opinions@theotherpress.ca

SPORTS EDITOR
Josh Martin
sports@theotherpress.ca

HUMOUR EDITOR
Livia Turnbull
humour@theotherpress.ca

STAFF WRITERS
NOW HIRING
Joel MacKenzie
Eric Wilkins

LAYOUT MANAGER
Cody Klyne
layout@theotherpress.ca

GRAPHICS MANAGER
Joel McCarthy
graphics@theotherpress.ca

ILLUSTRATOR
Oliver McTavish Wisden
illustrator@theotherpress.ca

CONTRIBUTORS
Paul Connors, Dominic Dutt, Jennifer Markham
Lauren Paulsen, C.M. Rivera

WHO WE ARE

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Douglas goes both ways

*Douglas College
officially a BCCAT
receiving institution*

By **Dylan Hackett**,
News Editor

Last month the British Columbia Council on Admissions & Transfer (BCCAT) announced that Douglas College will formally be both a sending and receiving institution in the council's popular BC Transfer Guide. Traditionally, Douglas' role as a sending institution to research universities, largely to Simon Fraser University (SFU) and the University of British Columbia, has made the college a first step

for many entering the realm of post-secondary education. A recent study conducted by the BC government found that while 4,000 students moved from colleges to universities from 2007-2009, a similar figure of 3,300 did the opposite. Douglas is now accredited in the guide to be a receiving institution for Kwantlen Polytechnic University and Langara College. Capilano University, SFU, and others will be added to the list in the months to come.

"The path to completing your education is no longer a one-way street," said Scott McAlpine, president of Douglas College. "More and

more students are deciding to complete their education at college, or are returning to college to do post-degree studies. The change in our status underscores the new trend in student mobility and the need to streamline the process for students."

One popular program for students with both degree backgrounds and without is the Print Futures: Professional Writing program. Sharon Miki, Editor-in-chief of The Other Press, counts herself among those whose educational and career paths took them to Douglas after completion of a bachelor's degree.

"I did a Bachelor's of Arts in Communications at SFU and I graduated in 2007," said Miki. "I worked in corporate retail for a couple of years. I was really unhappy and I quit and then was trying to freelance write, but without any skills from my degree it was really hard to find contracts so I went back to Douglas."

While many students see Douglas as a step down from a research university, Miki encourages students to ignore the stigma.

"My advice for someone coming back to Douglas after studying at university would be to focus

on your career," recommended Miki. "Sometimes there's a bit of a stigma in coming back to a college versus a university or people might be like, 'you're going backwards!' 'You've already done this so-called higher level of education and you're 'downgrading' to a college?' You should focus on what you get out of any education you do—not at how fancy the piece of paper you get at the end is. That's really important and it was a hard lesson to learn."

Douglas offers six programs to post-bachelor students looking to enhance their education, including two different sales and accounting programs.

U-PASS REMINDER

If you haven't picked up your U-Pass, do it now! If caught without one, TransLink will fine you up to \$273 and while mostly handling collections through ICBC—a method which bars fare evaders from renewing licences if holding an outstanding balance—TransLink is now granted the use of collections agencies to receive unpaid fines.

U-Pass dispensers are available on the second floor of the New Westminster campus beside the cashier's office and in the library. At David Lam, you can find them next to the washrooms in the main foyer. Don't forget to pick it up, or now suffer a loss of credit rating on top of the previous licensing embargo. Transit Security now have the ability to issue fines as well, so keep that little blue card on hand!

The OP is hiring!

Staff Writer

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Apply by **September 17** *Interviews will be held in late September

The staff writer is responsible for producing two quality articles (total) for two different sections on a weekly basis. The goal of the staff writer is to quickly establish a familiarity with, as well as an understanding of, each of The Other Press' six respective sections.

- ▶ Consistently produce print-worthy articles under a strict deadline
- ▶ Interest in covering a variety of subjects
- ▶ Familiarity in various writing styles

Email resume and writing samples to editor@theotherpress.ca



Shithead vying for Legislative Assembly

D.O.A. front man Joey "Shithead" Keithley to run for BC NDP

By Dylan Hackett,
News Editor

Last week, the BC NDP formally approved the

nomination papers for Vancouver's most famous punk musician and activist, Joe Keithley. Keithley, known to most as Joey Shithead, is vying for official candidacy to run in the riding of David Lam campus, Coquitlam-Burke Mountain, against incumbent Douglas

Horne, who has held the seat since 2009.

"I am seeking the NDP nomination in the riding of Coquitlam-Burke Mountain in the next BC provincial election. I have decided, at this time, this will be the best way for me to make a positive difference in this world. My friends, nothing has changed for me, justice for all. Talk - Action = 0. Thanks my friends," announced Keithley.

The 56-year-old Keithley, who previously ran as a Green Party candidate in the 1996 and 2001 elections in the defunct riding of Burnaby-Willington, hopes for the race in the growing riding (the home of the largest residential developments in Coquitlam) to be exciting.

"I always enjoy a challenge - I think it's going to be great," said

Keithley. "And I think it is going to be a lot of fun and exciting. And if it is not exciting, then I'll find a way to make it exciting. It can't just be a snooze. You got to get out there and let people know what your ideas are and the way you are running."

Keithley is running on a variety of issues that the BC NDP has been vocal about in the pre-election season such as the blocking of the Northern Gateway pipeline project, affordable housing, and the protection of senior citizens.

"The tide is turning," spoke Keithley. "The BC Liberals have completely blown whatever credibility they had. It's time for a change."

Keithley's announcement to run falls on the heels of the departure of many

prominent members of the BC Liberals including long-time Minister and 2nd place finisher in the party's last leadership referendum, Kevin Falcon. George Abbott, John Les, and Mary McNeil also announced their departure from the decreasingly popular Clark government last week.

Keithley's opinion of Clark, who has admitted her appreciation of D.O.A.'s music, stands as "she's got good taste in music, but not so great taste in politics."

Meet the candidate

Joey "Shithead" Keithley has invited residents of Coquitlam to meet at him at his campaign event:

Where: Bon Vivant Cafe, Coquitlam

When: September 8, from 11 a.m. to 1 p.m.



Two Pussy Riot members escape from Russia

Riot grrrl activists flee from possible sentencing to continue protests

By Dylan Hackett,
News Editor

Last month, after three members of Russian punk group, Pussy Riot, received two-year sentences on the conviction of "hooliganism, pre-planned and committed by a group of people on grounds of religious hatred," two more members have reportedly fled from Russia to recruit more protesters against Vladimir Putin

and his government.

The three members, Yekaterina Samutsevich, 30, Maria Alyokhina, 24, and Nadezhda Tolokonnikova, 22 were sentenced after a crackdown on dissent after protests of the March Russian presidential election, where Putin was elected with 63.6 per cent of the popular vote.

"Of course we didn't expect a not-guilty verdict," Samutsevich wrote via her lawyer. "To expect justice from a court that ignores all your objections is of course impossible. So we weren't shocked and, to the dismay of our enemies, didn't faint when we got the verdict."

The group has received support from musicians, writers, and free-speech advocates worldwide.

Paul McCartney spoke out against the charges saying, "I would like you to know that I very much hope the Russian authorities would support the principle of free speech for all their citizens and not feel that they have to punish you for your protest. I hope you can stay strong and believe that I and many others like me who believe in free speech will do everything in our power to support you and the idea of artistic freedom."

The band also released a single last

month in protest of their sentencing and Putin called "Putin Lights Up the Fires."

"More than anything, our trial showed the dependence of the justice system, and its direct authority on Putin's power, which clearly

should not be the case in a government that calls itself democratic," Samutsevich said. "Our verdict shows just how scared Putin's regime is of anyone who can undermine its legitimacy."



Missing Douglas College student found

Consumer and Job Preparation student found after 80-hour search

By **Dylan Hackett**, News Editor

Early last month, Joy Zhang, 21, was found after going missing on August 2 at Sasamat Lake. Led by Coquitlam Search and Rescue, the search for Zhang saw over 120 investigators and volunteers scanning Sasamat Lake and the surrounding area for 80 hours. Zhang's friend and fellow CJP graduate, Judy, was also reported missing, but was found hours later.

"The entire Douglas College community is thankful, relieved, and absolutely elated to hear the news that Joy Zhang has been found," spoke Douglas President Scott McAlpine in a statement. "On behalf of the entire Douglas

incredibly professional, they worked tirelessly and they never gave up hope of finding Joy."

Zhang is a graduate of the Douglas College Consumer and Job Preparation program (CJP), a 12-month set of courses which

built a relationship with Judy and helped confirm to the investigating team where Judy and Zhang were separated. The two students went missing on while on a picnic with fellow classmates and program facilitators at Sasamat Lake's White

did that, a new piece of the puzzle came out."

Zhang was ultimately found 200m off the trail under some ferns.

"We may never know what she did for those four days and three nights," said Yochim. "I don't think she moved from that spot."

The search for Zhang was also carried out on Twitter where many users re-tweeted information regarding the search. Douglas College faculty members also went door-to-door spreading awareness of the search.

When Zhang was finally found, she was reportedly in good health.

"The entire Douglas College community is thankful, relieved, and absolutely elated to hear the news that Joy Zhang has been found."

College community, I want to acknowledge the tremendous efforts of so many professionals and dedicated volunteers who were led by Coquitlam Search and Rescue and the Port Moody Police Department... They were

helps "build life, social, and job-related skills for students with developmental disabilities."

The Coquitlam SAR crew were especially thankful to both Judy and Constable Angela Fisher—the latter who

Pine Beach to celebrate their completion of the CJP program.

"[Fisher] sat down with Judy every time we got out there," said Coquitlam SAR search manager Dwight Yochim. "She walked on the trails with her. Every time she

The Pride of Douglas College continues

DSU Pride available to all students

By **Dominic Dutt**, Contributor

Do you know that there is a Pride Community here at Douglas College? Led by the Douglas Students' Union Pride Liason, Lex Wochuk, the Pride Community is maintained by a collaborative group of students of all gender types.

The mandate of the Pride Community is to provide a safe atmosphere for students who may normally be segregated or discriminated against in an environment such as a college-based atmosphere, which can especially be scary for new students. The Pride

Community provides students with resources that they may need to build up confidence with collaboration and one-on-one counselling. The resource room also provides downtime for students in-between classes so that they can feel safe and welcome at Douglas.

"First and foremost is fun," says Wochuk. "We want everyone to come in with a positive attitude and if not, we will make them have fun."

The pride room includes couches for students to take a nap on, a big-screen TV, books, resources, a microwave, and a fridge. There are also condoms and tampons and whatever else a student might need, including a phone.

For the near future, Pride is trying to expand.

"We are localized here



in the New Westminster campus. We're hoping to establish space in the David Lam campus. It's important for both campuses to have space where students can go for safety and feel welcome. Who doesn't want to have some fun?" says Wochuk. "I want students to relate the word pride not just to a

queer lifestyle, but to the pride they feel in being included at Douglas."

Events are being planned such as outings, swimming, and, the most favorite here, queer movie nights. When Lex Wochuk began, there were six Pride members. Now, there are over 60. Momentum is building, but new members and

volunteers are always needed.

You can contact Wochuk for more information by email at lexwochuk@gmail.com. The Pride Room is located in the Douglas Students' Union Building (DSU) in room 328, located on the second floor.

Bootlegging is a bloodthirsty business

'Lawless' review

By C.M. Rivera,
Contributor



Director John Hillcoat did a fantastic job with his latest film, *Lawless*. Hillcoat's previous films include the widely acclaimed *The Proposition* (2005), the film adaptation of *The Road* (2009), and a number of music videos. Although I haven't seen his previous movies, this one was satisfyingly bloody and suspenseful. If you like blood, gore, and lots of action, this

movie's for you.

Lawless is based on the 2008 novel, *The Wettest County in the World* by Matt Bondurant, which is inspired by a true story. In 1930s Virginia, during the prohibition era, the Bondurant brothers ran an illegal alcohol business. Tom Hardy, fresh off the *Dark Knight* Rises train, plays Forrest, the tough invincible leader of the brothers' bootlegging business. Howard (Jason Clarke) supports Forrest by keeping people sweet with his knuckle brass fist. And Jack (Shia LaBeouf), the youngest brother, struggles to

make a place for himself in the business.

The brothers are considered legends in their small town because of their ability to survive, and they've come to believe their own legend. The brothers become reckless, and keep running their business even after corrupt special agent Charlie Rakes (Guy Pearce) is called into town to stop the brothers' bootlegging business. An all-out war ensues with the town's occupants stuck in the crossfire.

There are a couple of romantic scenes between the preacher's daughter, Bertha (Mia Wasikowska), and

Jack, though this didn't overpower all the gang fighting. Jessica Chastain also stars as Maggie, an ex-fangirl from Chicago trying to get away from trouble, but lands right in it by falling for Forrest.

In the end, Jack has transformed into a much darker, more disturbing version of himself. But after all the bloodthirsty fights, the film ends on a bittersweet note that nonetheless wraps everything up nicely.

Lawless is a ferocious movie with some incredible actors. With all the blood and gore, the film could've easily been a cheesy ultraviolent free-for-all,

but the execution and its powerful portrayals made the horrors reach the viewer in a different way. Guy Pearce especially played the maniacal special police agent well, capturing the right amount of madness for the character. The plot was also well constructed, with some scenes difficult to watch, but a good amount of comedy and romance properly dispersed to lighten up the mood. This movie has everything from throat slicing to segregation to even young love, and it's definitely worth viewing

Arts events galore!

From theatre to music to book launches, Douglas has it all

By Angela Espinoza,
Arts Editor

Sometimes, I have to wonder what school everyone else is going to when they say nothing goes on at Douglas. This year especially, there are a great deal of arts events happening throughout the school. Whether the college is teaming up with outside festivals or putting on shows of their own, it's actually quite amazing how much is coming our way in the near future.

For one, the Douglas Theatre and Stagecraft programs will of course

be performing two plays. Each show requires an enormous amount of team effort, as the stagecraft students put together the shows that this semester's theatre students will be performing in. This semester's shows are still a surprise in the making, but just out of habit, one is sure to be a non-traditional Shakespeare-inspired piece, and the other is often a powerfully dramatic work.

Music will be a major focus this year as well, with everything from band recruitment to a calendar of shows operating right now. As you'll see in the section this week, the Douglas College Concert and Jazz Bands are currently

looking for non-music students who have an interest in playing, and will of course be given opportunities to perform for the student body. There are also the weekly Arts at One performances happening this semester, in which hour-long concerts are performed every Thursday at the Laura C. Muir Performing Arts Theatre at the New West campus. This semester's Arts at One performances include vocal and guitar ensembles, a showcase of the epic Music Technologies program, and a unique presentation of *The Nutcracker*, featuring dancers from the Goh Ballet.

There will also be a larger focus on film

presentations this year. The Vancouver Latin American Film Festival will put on a special screening of *A Chinese Tale* this Wednesday, September 5, free to all students for viewing. The screening will take place at 7 p.m. in the Laura C. Muir Theatre, so don't miss it! The New West Doc Fest will also be hitting up the New West campus this year in October for feature and short film presentations, with this year's focus being on "sustainability and agriculture."

As for New West's Amelia Douglas Gallery, this fall's art exhibits include "Rhythm Stories," paintings by Nyla Sunga, which will run from September 20 to November 2,

and "Needle Doodle," multi-media works by Elizabeth Carefoot, running from November 8 all the way through January 4. Opening receptions will take place on each exhibit's respective opening dates from 4:30 to 6:30 p.m., with Artist's Talks taking place the respective mornings after at 10 a.m.

Finally, and just recently announced, Douglas College Creative Writing and Print Futures instructor John Vigna just published his first collection of short stories, which will have a launch at The Bourbon in Vancouver. Bull Head's launch will take place September 19 from 7:30 to 11 p.m. and everyone (of age) is encouraged to head out.

A Metallica kind of weekend

By Paul Connors, Contributor

Last weekend was historic for Metallica fans in Vancouver, as our city served as the host for their latest tour, "The Full Arsenal." When the Rogers Arena concert scheduled for August 24 sold out in the matter of minutes, a second show was all but guaranteed. What fans weren't expecting was the last-minute announcement of a third show to wrap up some shots for the 3-D Blu-ray set for release next year. That's right; the Vancouver shows were to be filmed for a 3-D concert film, which will even get a theatrical run to properly match the immensely theatrical show.

In an unprecedented act, it was announced that tickets for this third show would be a mere \$5 (as opposed to the combined \$220 I paid for both weekend shows). Too good to be true? Not entirely. Sure, there were halts between songs for technical adjustments, but the rest of the show remained relatively unchanged. Not only did this offer way more people another chance to see this amazing show, but all the proceeds were to go to the Greater Vancouver Food Bank! Besides the gaps and a few missing songs, this was "The Full Arsenal" in all its ridiculously over-the-top glory.

As soon as you caught a glimpse of the

140 by 50-foot stage, you immediately sensed what set this show apart. This thing was massive, and video screens covered the entirety of its floor. A lesser band would be lost in the midst of such a large production, but Metallica took it as a challenge to blow us away. The cameras



"The concert was a celebration of those timeless elements people love about Metallica, and a summation of their entire career."

could be seen above the crowds, rotating around the entire arena, which gave fans even more motivation to rock out to their fullest. With hopes of seeing ourselves on the DVD, I think it's safe to say everyone gave it their all for the band, and they returned the favour.

The one unfortunate aspect of the show was opening 'act'—Jim Breuer of Half Baked (1998) fame. Any comedian opening for a concert like this would be a huge misstep, but this was just torture. Breuer was met with a lot of negativity, which I assume is why

his material the second night was drastically different. One redeeming factor of his appearance was when he brought a young kid up on stage, who incidentally was a bigger Metallica fan than any of us. Not only was this kid from out of town, but it was his fourth show, he had tickets in the snake pit (the mosh pit located within the stage), and a wristband given to him by James Hetfield himself.

The show itself played out more like a greatest hits of the band's best. From the opening song, "Creeping Death,"

Lady Liberty statue during "And Justice for All..." watching crosses rise from the stage during "Master of Puppets," or having giant Tesla coils shoot lightning at a giant electric chair during "Ride the Lightning." The concert was a celebration of those timeless elements people love about Metallica, and a summation of their entire career.

In the midst of all the insanity and pyrotechnics, Metallica simply sounded great. The band looked like they were having a great time, and used

scratching their heads, but others knew better. By the time the band unleashed the seminal "Enter Sandman," the stage literally fell apart. Coffins fell from the ceiling, mechanical arms collapsed, and a stagehand attempting to fix something was lit on fire and ran around the stage flailing his arms. This was quite a sight to behold, and at any other concert we would've been afraid. As Hetfield yelled out for the show to stop while they extinguished the seemingly injured stagehand, we couldn't help but cheer at the ridiculousness of it all.

"Is everyone okay?" Hetfield asked, "is anything still working?" The sentiment here was to revert back to the basics; to take a trip back to the garage days of the band during the inception of their first studio album, Kill 'Em All (1983). With all the equipment "destroyed," they had no choice but to appease the fans with a double encore of that album's most head-bang-worthy tunes, without the previous flare of their elaborate production. As the houselights aptly came on after the classic "Hit the Lights," the band finished with "Seek and Destroy."

As giant inflatable "Metallica" balls dropped from the ceiling, one look around and it was obvious that this was one of the most satisfying concert experiences any of us had ever had the pleasure of enjoying. This fan got to experience it three times, and I plan on reliving it many times more once the Blu-ray is released.

these guys didn't let up for a second. Every major studio album worth mentioning was represented fantastically. For over two hours, Metallica bombarded us with the classics, beating us over the head with intense imagery and deafening explosions. The stage floor was constantly morphing into blood and other intense visuals, combined with effects projected onto transparent lowered screens during each song. Elaborate stage tricks added to the excitement of the show, whether it was constructing a giant

their excessively-large stage as a playground for their charisma and showmanship. Notorious drummer Lars Ulrich was stationed in the very center on a rotating drum set, while Hetfield gave fans in the pit plenty of opportunities to touch his guitar as he wailed on it. This show was loud, intense, and seemingly riddled with technical difficulties. These "difficulties," however, turned out to be a ruse on the part of the band. As lights and rigging equipment sporadically malfunctioned during the show, some were

Miss Universe Pageant 3001: the final frontier

By **Angela Espinoza**,
Arts Editor

This week welcomes the 28th annual Vancouver International Fringe Festival. From September 6 to 16, the Fringe offers a wide array of performances from some of Vancouver's most talented independent up and comers. This year's festival offers us an original production by several UBC and Douglas Theatre graduates, including one Melanie Reich, who spoke with us about her production company Bright Young Theatre and their first show, *Miss Cosmos: The 53rd Annual Intergalactic Space Bride Competition*.

"I... did a year of [general] academics [at Douglas]," Reich began, "[but then] I took an elective acting course, and I [decided to] take the [Theatre] program. Then I transferred to UBC, did their acting program. Now I've jumped right into this mentorship program with the Fringe, and started making [my] own theatre."

Reich went on to start her own production company with her fellow graduates entitled Bright Young Theatre:

"It was two friends that I graduated with from UBC, and... Joanna [Williams], she graduated the year ahead of us

from UBC and Douglas, and then one of our [other] members—our stage manager—is a production graduate, so she wasn't in an acting program, but she [had] a stagecraft [background]."

"We signed up for the Onsite mentorship program... they take you through basically all the steps of making your own show. We came up with the storyline and we developed the show."

"Once it came [time to say that] we were writing [*Miss Cosmos*]... [there was no room for] ifs, ands, or buts... it was do or die, and you couldn't just be half committed."

In terms of her experience as a Douglas theatre student, Reich had this to say:

"At Douglas, [the Theatre program] mostly focused on acting; the voice, the movement, and an actor's process... when you first read [the script] and then how to memorize [it]. Douglas is amazing at teaching that process, and [it helps that] you're very focused on the theatre. It definitely prepared me for UBC in terms of... acting."

Reich also went into how important the process of learning teamwork was during her time at both Douglas and UBC. Collaborating with your fellow teammates, regardless of vision, is an incredibly

important asset, so as to prevent each other from, in Reich's words, "hurting each other physically or verbally."

"Douglas and UBC really emphasized ensemble... working together for a common goal."

As for the show itself, Reich said that they "wanted [*Miss Cosmos*] to be all ages... [we want] people [to bring] their kids to this, and enjoy it with them, because it's a very silly, clownish, kooky idea, and we thought if we're going that way anyway, let's have everyone involved and enjoy that childish freedom."

"There are four characters: three of them are the contestants, TicTac (Reich), YumYum Wingdings (Christine Bortolin), and Broushella (Jordan Kerbs), then we have the host, Pix Pax Deluxe (Joanna Williams). There are some pretty strange things that happen, and we have some very interesting talents."

"One of the main themes... is accepting yourself, and not basing [your decisions] on what other people have to say. [The contestants are] all trying to be very likable to the humans because they want to live—so they all have a very good excuse for why they want to hide their flaws—but they have to let that go and realize [they have to



“Collaborating with your fellow teammates, regardless of vision, is an incredibly important asset...”

live for themselves], and I think that's an issue that's timeless, [although] sometimes, especially now, it's extremely relevant. The stress kids go through, and the anxiety and the depression... [they need to know] there's no such thing as perfect.

"These characters are facing death—'[be shot] back into space so you can get eaten by the black hole that [ate] your planet... or... conform to humanity.' [But if] you

talk about the immigrant experience, any experience, it's all about learning how to [accept] everyone else, and that's one of the things we take pride in; learning to get along with each other without having to become exactly like the other person. You need to make sure that there are some things that connect you, but you don't have to be exactly the same."

What: *Miss Cosmos—The 53rd Annual Intergalactic Space Bride Competition*

Where: The Water Park (1496 Cartwright Street on Granville Island)

When: September 7-16 @ 8:20 p.m.

Check out tickets.vancouverfringe.com for information and pricing on tickets

Let your 'wind' chime and 'brass' shine

*Exercise your brain
with some music
electives this semester*

By **Angela Espinoza**,
Arts Editor

As the fall semester switches into gear, it's normal to feel as though you'll be losing a lot of 'me time' in the near future. Whether there's a new show or game you've just begun, or maybe you have a long-time hobby, there's a looming fear that something's eventually got to give. If music is your go-to hobby, the Douglas College Dues Jazz and Concert Bands have something wonderful to offer to you. Head of Instrumental Ensembles, Woodwind and Brass, John Van Deursen spoke with us about these two college bands, as he'll be manning the projects this year.

"Both groups are made up of mostly... students from the Douglas College music department, [but] we always wish to involve as many non-music students as possible," Van Deursen began. "Where we find a lot of the non-music students is, for example, students who played in the band programs in high school, [but since] music wasn't going to be their main focus [in] university or college... they pretty much just gave up on playing. What they don't realize is that there's often a chance for them to keep playing their instrument."

This is where the Douglas Concert and Dues Jazz Bands come in; the point of these two school ensembles is to give students who've felt they had to leave something behind in order to follow what should hopefully be their career path a chance to play. And this feeling doesn't necessarily mean one wants to get away from their studies for good, but if you're longing to have a challenge you legitimately enjoy on the side, this is what these bands are here for.

As Van Deursen continued, "For a lot

speaking, what do these two bands offer music and non-music students who aren't really sure what to be doing with their extra time?

"The Concert Band [covers a wide] repertoire from across the ages, [from] Renaissance right up to modern day music that's [been] composed specifically for the Concert Band. High school bands would probably play more music along the lines of the medley from Pirates of the Caribbean, that sort of thing, but [that] doesn't mean [what we do is] all serious and dark; it's a very wide

work shopping where I'm talking, working with the students—a lot of playing still—but we're talking more about [what goes into improvisation], the technique behind... improvising and all that."

In our conversation, to Van Deursen's approval, I compared grasping the improvisation aspect of jazz to improvisation in comedy. Improvisation isn't just performing the first thing that comes to mind; you need a direction of some sort. Comedians are given a scenario and they go from there—with jazz, you need to already

instruments at Douglas College, so if someone was a tenor sax player and they don't have a tenor anymore, they should [really just ask]. We have instruments available that can be signed out for the year, and it's possible to work out something for the student so they keep playing."

Van Deursen wrapped up by stressing that the bands, again, do have a very wide repertoire to work with, and that they'll be offered chances to perform with other college and university bands.

"I guess the main thing is that these bands exist, and it's a very warmly welcomed situation to invite people to come and play. People shouldn't feel [that they're not] good enough, they should just come and talk with me and we can go from there."

The Concert Band meets up every Wednesday from 7 to 9:30 p.m. while the Jazz Dues Band interchanges on Tuesdays from 2 to 4 p.m. and Thursdays from 4:30 to 6:30 p.m. Anyone with a music background is encouraged to join the bands and as the beginning of the fall semester (right now!) is the absolute best time to sign up.

Contact John Van Deursen at vandeursenj@douglascollege.ca, and he'll be happy to help guide you.

"The type of music that we play is more challenging than what students [would] find at high school level, but... personally, I feel it's more rewarding."

of non-music students, they find [playing music] quite refreshing; [just] to be doing something that's so different from... their regular courses."

"[The groups are] about 80 per cent music students, and then the other 20 [are] non-music students. The type of music that we play is more challenging than what students [would] find at high school level, but... personally, I feel it's more rewarding. [This is] especially for the students that... played through their high school years in band [and] reached a fairly decent level on their instrument. It takes four to five years to get up to that level, and I always feel like it's unfortunate that they feel they have to drop it at that point."

But, more generally

spectrum of music. One of the comments that I often get from students... at the end of the class is that they really liked the repertoire. Like I said, where I try to aim it is challenging, but rewarding... for people that are developing their musicianship skills."

"With the Dues Jazz Band, it's good for players who've done maybe a year or so of improvisation, and they want to learn more about it. We play a good standard jazz repertoire, but we also do a bit of work shopping, so it's a bit different [from the] Concert Band in the sense that with the Concert Band, mostly we're rehearsing and then performing. With the Dues Jazz Band, especially in term one, we do a fair bit more

have a set idea to work with, and, like comedy, it's much easier to grasp in a group scenario if everyone is working off of each other.

"Last year was my first year working with the bands, and so coming to a new group of students always [offers] a different [experience]. Teaching students an area that has a different vibe to it [is fun].... we had a good time last year.

"Any person that wants to come and play for the bands... [but] isn't really sure... they should just come and play for me. I hesitate to call it an 'audition,' but usually [how it goes is that] people come and play for me, then we chat a little bit, and we figure out what's the best place for them.

"And we do have

Life&Style.

Back to school beers

By **Laurel Borrowman**,
Life & Style Editor

Welcome back, gang! The dawn of a new semester is in the air, and you are about to get thrown to the wolves in some form or another. It's inevitable, but here are two recommendations that can make this transition smooth, easy, and fun for you.

First, remember that just because school is in, doesn't mean that summer is out. Far from it! September can be one of the most beautiful

months of the year, with lots of sun, a refreshing crispness in the air, and the slow transition into autumn at the end of the month.

Second, drink beer! Not too much, and the kind that's delicious, seasonal, and/or local, because there are herds of it. Just because a six-pack of Bud Light costs \$8 doesn't mean you have to crumble to the corporate slugs and buy the first thing that's there (remember, the girls in zero-clothing don't come with it). Why not spend your waning dollars on something worthy? Craft

beer is prevalent and cheap, and even tastier.

I don't encourage drinking to cope, but I do encourage pausing to enjoy something that's sip-tastic, and if it takes the edge of first-week jitters off in the meantime, that's a bonus. I'd recommend any of these delicious brews as readily as I'd recommend my other beverage of choice—dark black coffee—but we'll save that for next week when you need a wake-up call.

Here are four 100-mile-diet approved brews worthy of your dwindling bank account.

While prices vary (as does availability: Parallel 49 brews have been flying off the shelves since their launch, so count yourself lucky if you find it), you should be able to find a sixer of these for under \$12.

Old Boy, Parallel 49, Vancouver: A nod to foggy London town, this chap tastes like chocolate, toffee, and caramel all at once. 5%

Hoparazzi, Parallel 49, Vancouver: A pale gold lager, inspired by IPAs, with a citrusy hoppy aroma. 6%

Raven Cream Ale, R&B Brewing Co., Vancouver: Not only has it placed twice in the World Beer Cup competition (taking home a silver and a matching bronze), but it's won my heart on dozens of occasions. It's chocolatey, nutty, and like the name says, creamy. 4.8%

Ginger Beer, Phillips Brewing Co., Victoria: Finally, ginger ale for adults! Just like the name says, it's gingery. Also, screw saki. Next time you feast on sushi, pair it with a 650 mL bottle of this for about \$6. 5%

Top five used cars under \$5,000

By **Chris Paik**,
Contributor

With the economic recession and growing student debts, most of us can't afford even the cheapest new car on the market. Here is a list of quality, cheap-to-own used cars under \$5,000. All of the vehicles on this list have a low total cost of ownership, factoring in purchase price, gas mileage, insurance, and the cost of repairs.

Honda Civic/Acura EL, 2001-05

There are so many reasons to buy a used model of Canada's most-loved compact car. It is reliable, well-built, fuel-efficient, and practical,

making it an ideal car that will give you many trouble-free years of ownership. Some of the later model prices have now dropped below \$5,000, which can be a great value if you buy a well-maintained one.

If it were my money: If you can afford it, get the Acura EL. It's basically the same car underneath and it has more standard features. Stay away from earlier Civics (2001-02) with the automatic transmissions, as they tend to falter.

Mazda MX-5 Miata, 1990-2000

The MX-5 isn't the world's best-selling convertible sports car for nothing. It's fantastically fun to drive, dead reliable, and cheap to own. Our budget gets

you into a first generation version (1990-97), which came with awesome '80s-style pop-up headlights. Just watch out for damage on the soft tops, which can cost up to \$800 to replace

If it were my money: Don't even think of buying an automatic.

Subaru Impreza, 1998-2001

Subarus are awesome all-weather cars that are perfect for Vancouver's road and weather conditions. Imprezas are easy to recommend and are a great, quirky alternative to your bread-and-butter Honda Civics and Toyota Corollas. Earlier Imprezas had head gasket problems, which can get expensive. Buy from owners with full-service history.

If it were my money: The 2.5RS model had 165 HP and came with sports suspension. They're the most fun to drive and retain their value longer.

Toyota Matrix/Pontiac Vibe 2003-06

These cars are dull to drive, but are reliable transportation that are cheap to insure and run. Consumer Reports listed the Pontiac Vibe as a "good bet," which is also reassuring. The Vibe is a near identical twin to the Matrix, making it a sleeper bargain. As with any Toyota car, make sure it doesn't have the sticky accelerator problems.

If it were my money: Buy an early model Vibe and benefit from the depreciation. Don't get the AWD model unless you really need it.

Acura Integra GS-R, 1994-2001

The only reason to buy an Acura Integra GS-R is because it's potent and it's one of the sweetest handling front-drive cars ever made. It's also a practical hatchback and still has that Honda sensibility.

Finding a good one is difficult. Most have either been abused to hell, neglected, or disgraced with aftermarket kits and obnoxious mufflers. Find a seller who mollycoddled and parked it on a bed of peacock feathers every night.

If it were my money: Buy the one with the least mileage and modification, and go have lots of fun.

You don't have to be a super-fan to like this club

FanClub opens its doors on Granville Street

By **Laurel Borrowman**,
Life & Style Editor

In the quest to build meaningful, loving, and worthwhile forms of comradery—that is, friendship—one must be careful not to accidentally make friends with the wrong folks. There are many ways to go about picking and choosing friends, and filtering people out at the get-go is one of the most important steps. While it's not always the best plan to judge a book by its cover, there's no reason to read a book by Stephanie Meyers if you hate books by Stephanie Meyers.

I have a few filters that I can apply to about 75 per cent of first encounters that will tell me immediately if this new acquaintance could shift into friend territory. If you hate Portlandia, it's not going to work. If you don't care for proper grammar and correct punctuation, it's not going to work. If you love hanging out at bars on Granville Street on Saturday nights, it's definitely not going to work.

So what do I say when I was invited to opening night at FanClub, 1050 Granville Street, the heart of Vancouver's Ed Hardy-laden, mini-skirt-riddled Mecca? I say yes, of course. Free drinks, free food, and a bunch of friends involved in opening the joint? You'd

do the same, whether it was your jam or not. Here's the report on Vancouver's newest dining, dancing, New Orleans-inspired live music venue.

The owners (also proprietors of under-construction blues bar up the street, The Yale), spent about two million dollars renovating the venue, and it shows. Aesthetically, FanClub is beautiful. The main floor centre bar is a square island, lined with bar stools and 14 brass taps that glimmer under large, globe-shaped lamps dangling from the ceiling; across the mezzanine floor are a smattering of cocktail lounge tables circling the dance floor; about 25 steps up a rather majestic staircase are the balcony and catwalk—with another bar and DJ set up—that wrap around the second floor, giving everyone on it a bird's eye view of everyone below, including the stage. It's a colourfully lit, wrought iron fence-lined, people-watchers' paradise.

Admittedly, I spent more than half my time leaning on the railing just soaking in the company, whether anyone was about to be a lifelong friend or not.

The food was gone by the time we arrived, so I can't comment much on that. Once in full-swing though, the menu will tout a list of house-smoked meats, seafood, and vegetarian selections, with an array of desserts, a true French Quarter meets West Coast fashion, as Yelp says. Many are liquor-infused,

and if the Bourbon Room is any indicator, a main ingredient across the board at FanClub will be both whiskey and bourbon. Which brings us to the main attraction, the drink menu.

Three free drinks came with each entry. As a pretty big fan of beer, I was more than stoked when I heard the main bar alone had 14 taps, mostly local. This sounded great in theory, but unfortunately they weren't fully stocked. My first three tries were quashed (I heard they were proud to be serving "small batch" brews, but this?), leaving me to try two beers from Tin Whistle Brewing Co. in Penticton: the Scorpion Double IPA and the Killer Bee Dark Honey Ale. My first reason for ordering these was that I've never seen them in a liquor store, so kudos to FanClub for serving something different. They were delicious, and I was happy. The cheapo in me remembered to check the normal cost of the beers, and for \$6-\$7.50, you can get any pint on the menu, which in my books is reasonable given the setting, and the finer details of the place, like the textured black wallpaper and killer sound system.

Finally, I think the main leg-up this place has is the Bourbon Bar, a sequestered dimly lit and cozy room tucked away in the back, easily mistaken for a VIP area. With a three-page list of bourbon and whiskey—again, pretty reasonable prices that start at \$8—it's tough to slam



I'd bring visitors to FanClub, if just for the scenery. Add on live music by a variety of bands every single night, and the place is likely to be a hit, even if you don't become BFFs.



the joint. The crowning achievement? In-house smoked Bulleit Bourbon.

While it's probably not tops on my—or any Douglas student's list—to become a regular hangout, I'd bring visitors to FanClub, if just for the scenery. Add on

live music by a variety of bands every single night, and the place is likely to be a hit, even if you don't become BFFs.

For more info on FanClub, 1050 Granville Street, visit vancouverfanclub.ca.

Feature.

Welcome to the wonderful world of post-secondary



Why everything you've been told so far is a lie, and what you actually need to know

By Jacey Gibb,
Assistant Editor

First off, I'd like to congratulate all of you!

By this point, you're probably already sick of being coddled and lauded as being a recent addition to the pantheon of those who've made it past the purgatory of post-high school and into the realm of post-secondary. Apparently the generations being churned out by the education system these days are going to be some of the most highly educated our country has ever seen—so hang onto that special, unique-as-

a-snowflake praise for as long as possible.

I thought I'd get the obligatory pat on the back out of the way at the start, because this coming of age shower of extolment has an expiration date attached to it. After a few weeks of classes, your mood will inevitably transition from eager for achievement to longing for Christmas vacation—I'm here to ensure that you make it that far.

But before we continue, do yourself a favour and mentally drop all of the "useful" tips and tricks you've previously eaten up about surviving your first year of post-secondary. Every time I encounter a writing targeted towards freshmen, it's always full of the exact same points that are supposedly "essential" to having a

successful existence in the world beyond grade 12: get eight hours of sleep every night, record all of your lectures so you can transcribe them later, spend at least a bajillion hours a week on homework. Sure, there are grains of reality lurking in these tips, but to be honest, the lists themselves were more than likely constructed by a concerned mom who's sending her baby away for the first time.

While I'm not exactly a certified post-secondary connoisseur, I have made it to my third year with relative success. Add to that my ability to grow an exuberant amount of facial hair, and I think my credentials make me more than qualified to dish out advice. So sit down, shut up, use that book of college tips as a coaster or something, and get ready some grade-A advice.

First off, the last 18 years (or more, if you took time off to work/travel/find yourself) have been a lie. All those glossy interpretations of post-secondary found in films and television were mostly constructed by people who never went and were simply left to romanticize the idea of what higher education entails. There aren't any Luke Wilson-style figures enrolled here at Douglas, working through a mid-life crisis and running an Animal House-esque frat house; nor is there a Van Wilder lurking the halls, waiting to take you under his wing and make

you his protégé. Most of the students that fill the class rosters here are as boring as you are and will graduate/transfer without leaving behind any kind of legacy.

The solution to this buildup of expectations? Lower 'em. If you're not expecting every week to be a booze-fuelled panty raid, then you won't be disappointed when it isn't.

The next topic we're going to cover: sleep deprivation. Every student survival guide will tell you how important it is to get a minimum of eight hours of mattress time a night. I can tell you that this request is almost impossible. As much as I'm an advocate for sleep, until they add a few extra hours to the day, you're going to have to learn to live with less.

"But Jacey, I'm a God damn princess and need my sleep. How can I make this abusive relationship with school work with my needs?"

I'd recommend finding periods throughout the day where it's appropriate to negate everything else and doze off for a bit. Do you transit to school? Bam, that's an extra 20-40 minutes of shut eye each day right there. I used to spend the morning commute cramming for the day's irrelevant case study that I didn't do, but now I treat my SkyTrain rides like they're kindergarten nap time. Remember that a few minutes of sleep on the

train can prevent an hour of sleep in the classroom.

Classroom etiquette is another huge thing that gets touched on, but is never really explored. Revelation alert: if you spend the whole class texting on your phone or awkwardly perusing Chatroulette on your laptop, you're not going to learn anything. More importantly, that annoying clicking your fingers make while dancing across your phone's keypad will make your fellow classmates want to eat your face off. Either save sexting your significant other for when it's break or buy a touch screen phone and join us in the year 2012.

Being overtly friendly is another post-secondary tip that can sometimes backfire. Attaching yourself to the first classmate you lock eyes with isn't always the best idea. While it's pretty difficult to get to know people when you're in a lecture setting, take the time to scope out likely acquaintances. Maybe they wear a band tee that you could get along with, or maybe they're not on fire; whatever your standards are for friendship, don't lower them just because you're in a new setting. Also, it's likely that about half of the class will disappear by the time the first exam rolls around, so don't waste your time on getting to know Johnny-Flakealot.

So now that I've disregarded a bunch of

what you previously knew about post-secondary, it's time for some tips that are actually useful.

Start to like the cheap stuff. The days of sipping Stella at parties and leaving 15 per cent tips at restaurants are over—especially if you've decided to flee your parents' basement. You're about to realize that everything is expensive. There's a reason that garbage like Kraft Dinner and ramen noodles are synonymous with broke college kids: despite having the nutritional value of cardboard, it's cheap, easy to make, comes in bulk, and probably has a shelf life of 18 years. The perfect student food.

I also recommend getting really good at partying. Learn to hold your alcohol, don't become a cancer-advocate whenever someone smokes around you, and learn to interact with strangers without turning into an awkward mess. I know it's asking a lot, but I can guarantee that years from now, you won't be looking back on that outstanding Sociology essay you wrote—it'll be your so-bad-it-was-good debauchery stories that you tell at dinner parties. So get partying while the partying's good, and you might as well not suck while doing it.

Unfortunately, binge drinking can leave your bank account feeling pretty hungover, so learn to party with the cheap stuff. That part I said about putting Stella behind you? I wasn't referring to some high

school sweetheart. It's overpriced, not even that good, and is basically considered garbage in Europe—if Europeans don't want to go near it, then you know it's awful. Step outside of your suds comfort zone and try some different beers with a lower price tag. Expensive beer won't taste any better when you're throwing it up later, so you might as well be cost-effective.

As obvious as it sounds, you should start exploiting the heck out of stuff that's free. "Blah blah blah, students are always poor, blah blah blah school's expensive." Well, I'm here to tell you that money can't buy you love and that a comfortable amount of stuff in life can come at a cost of zero. Take advantage of these things.

Chances are you enrolled in the Douglas Students' Union (DSU) health and dental plan, either knowingly or you just didn't know that you could opt out. Not a lot of people know this, but health care isn't just for bullet wounds and Adderall prescriptions anymore. Douglas' plan is actually phenomenal and covers things like massages and chiropractor visits. A back injury last spring caused me to visit the acupuncturist at the New West campus and I ended up getting treatment on a temperamental knee while I was at it. Best of all: the six \$50 sessions were all covered by my plan.

In the war against things that cost money, the DSU is one of your

biggest allies. They're probably best known as a distributor of free swag, but they also make an effort to have free food days throughout the year. They also have free condoms for students for, you know, sex stuff, which is actually the perfect lead-in to my next point.

I hate to be the one who opens up a can of reality on you eager young folks, but you probably won't be needing that jumbo pack of condoms that you bought yourself as a "graduation present." Years of over-the-top college films would lead us to believe that simply attending class will result in receiving a wink and a

matching phone number from the opposite sex; in reality, you'll spend several weeks sitting awkwardly next to a potential love interest, forcing small talk and continuously "forgetting a pen" so you have to borrow one of theirs, until you finally work up the courage to add them on Facebook and find out they're already in a relationship. Your dream scenario, am I right?

Instead, start looking for someone that you can actually see yourself in a relationship with. Looks are great, but finding someone that you can connect with and don't want to punch in the face is also important. Going steady with someone is

swell because you don't have to struggle to find a date for those plus-one occasions, you get a regular supply of action, and you get to live in fear over whether or not they're going to wake up one morning and realize that they can do better than you. The joys of modern romance!

So there you have it folks! Everything I've learned over the last two years of my life, summed up in a medium-length word count. You'll quickly realize that any stress you've been feeling about what your days in post-secondary hold for you is mostly unwarranted, so just sit back, relax, and enjoy your stay at Douglas!

 Fall asleep in the library	Grow a moustache in November	(Try to) Learn guitar	Take up ultimate frisbee	Spend more money in a month on booze than on food
Take a philosophy course	Drop a philosophy course	Change your major	Sign up for a club and then never speak to them again	Party when you should be studying
Study when you should be partying	Take a class solely because the professor has a chili pepper on ratemyprofessor.com	FREE	Run into a one night stand on campus	Watch <i>The Wizard of Oz</i> while listening to <i>The Dark Side of the Moon</i>
Do a keg stand	Go streaking because "it's what people in post-secondary do"	Exploit a personal relationship for employment	Sell a textbook at the semester's end, still in its package	Adopt an Internet acronym as a catchphrase
Develop severe back problems from carrying too many textbooks	Break your iPhone screen	Pull a "productive" all-nighter; spend the whole night catching up on <i>Breaking Bad</i>	Say you're going to use the gym, go once, and then never go again	Join The Other Press

College Cooking: raw diets and raw dessert month

By Joel MacKenzie,
Staff Writer

Cast away that macaroni and cheese! College Cooking is here to provide recipes, ideas, and healthy eating information to help post-secondary students create healthy, unique, satisfying food for cheap.

Raw diets are becoming increasingly popular. They consist of only uncooked and unprocessed food. They're often similar to vegan ones, though the two should not be confused. Vegan diets consist only of plant sources, while raw diets may include some edible, uncooked meat and raw dairy products, including milk and eggs. Countless raw recipes exist today that transform regular uncooked foods into cuisine, often with the use of blenders, dehydrators, and techniques like soaking and freezing.

Supporters of raw diets argue that they are

healthy for both people and the earth. They say heating food past a specific temperature destroys its naturally available nutrients and enzymes. Many also argue that food eaten as closely as possible to its living state is healthier for us. They argue that the healthy eating that accompanies the diet provides the many benefits of an overall healthy body. Also, raw eaters can feel more in tune with the Earth, as they see food in a very natural state, and reduce the waste created by packaged food.

But rebutters of the raw food diet also make some important points. They say that our bodies create all of the enzymes required for digestion, that ones found in plant foods are only suited for the plant while it is alive, and that our digestive systems destroy most of these enzymes, as well as any benefits that could come from food being closer to its living state. Also, they argue that humans have adapted

to eating cooked foods, proven by the shape of our digestive systems and the presence of certain enzymes in our bodies.

It's important to point out that no nutritionist would argue against including many raw fruits and vegetables in a diet. They do have benefits, including many phytochemicals that modern science has yet to completely explain. So adding more raw food into your diet can be a great endeavor, for health, for planet Earth, and the expansion of your culinary mindset.

Raw Peanut Butter Chocolate Ice Cream

In honour of the raw diet, this month College Cooking will feature four easy raw dessert recipes, starting with chocolate banana soft serve.

This recipe was taken with permission from cleangreensimple.com. I was amazed by its quality and easiness; the blended bananas alone make a delicious dish. Check out the website



for even more awesome recipes!

Next week will feature another "ice cream" made with a common smooth, green fruit.

Ingredients (prices taken from Save-On-Foods)

-2 bananas, sliced then frozen, \$0.80

-3 tbsp creamy peanut butter, Western Family, \$0.33

-3 tbsp cocoa powder, bulk, \$0.24

-1 tsp agave nectar

(optional), Wholesome Sweeteners \$0.01

Total: \$1.38

Directions

Blend bananas, peanut butter, and cocoa in a food processor until smooth. If the bananas become crumbly, scrape down the sides of the bowl and continue blending. Add agave nectar to taste, and optionally, top with chopped peanuts and chocolate.

Hunger pains

How to tolerate food allergies and intolerances

By Lauren Paulsen,
Contributor

Ican't count how many times people have said "I'd

die if I couldn't eat that anymore," to me throughout the years. Funny, because for me, I really could die from eating the exact thing people say they would die without. It's not the end of the world if you have to cut a few things out of your diet. I'd much

prefer it to having to take a trip to the hospital.

Food intolerances are actually fairly common. They differ from food allergies because they don't require the presence of Immunoglobulin E.

The most common food allergy people

hear about are nuts, most notably peanuts. If someone allergic to peanuts comes into contact with them, it can end fatally. That's got to be scary, because people without food allergies don't tend to think about what they touch and "contaminate" with the

food residue on their fingers. Not that I'm blaming anyone—it's just not something everyone considers.

I have a long list of foods that I cannot eat, so much so, that I find it easier to tell people what I can eat instead of what I cannot eat. We rarely

have guests over for dinner because both my brother and mother also have food sensitivities. When we do have people over, however, I have to constantly watch them in case they accidentally cross-contaminate the food. Even the tiniest speck, one so small you'd need a microscope to see it, can send me to the hospital, depending on what it is. This is because the cells in my body see it as foreign matter and try to dispose of it. Unfortunately, that can do serious damage to the body.

Fortunately for me, coming into contact with the foods I have problems with doesn't send me into anaphylactic shock, because mine is an intolerance, not an allergy. I just feel like nails are going through my digestive tract. That means it would take a whole lot of eating something I have an intolerance to before I

will die, but for those who would go into anaphylactic shock, death is a possibility every time they come into contact with what they are allergic to.

So what's up with this? Why do our bodies attack the very thing we need to survive? In my case, it is because a certain type

“...people without food allergies don't tend to think about what they touch and “contaminate” with the food residue on their fingers.

of white blood cell has instructions that tell it the foods are enemies. It is also similar for true food allergies, but in this case, certain proteins that are resistant to digestion are “tagged” by the Immunoglobulin E, making the immune system think it is harmful.

Luckily for us that can't eat certain foods, more and more varied

cookbooks are being published. Some of the best ones my family has found include 1,000 Gluten-Free Recipes by Carol Fenster, a giant book for those who can't have gluten; and Cooking Free, also by Carol Fenster, which has recipes that are free of wheat, eggs, dairy, and sugar. For those who

can't have corn—which is in almost everything—there's a blog, Corn-Free Foods (& Products) List (corn-freefoods.blogspot.ca), dedicated to telling you what brands are corn-free and which aren't. Those are only a few resources; there are many more books and websites with recipes and cooking tips for people with food intolerances, sensitivities, and

allergies. For example, did you know an egg can be replaced with one tablespoon of ground flax seed simmered in three tablespoons of water? Now you do!

Having food sensitivities, intolerances, and allergies means saying no to certain items, but it doesn't mean you have to miss out on

everything delicious. Here is a great oatmeal cookie recipe that I use that is wheat, dairy, corn, and egg free:

Ingredients:

- 1/2 cup brown sugar
- 1 cup oat flour*
- 1 and a 1/4 cup oats, rolled*
- 1/2 cup chocolate chips (mine are a special brand, but you can use any medium you want, like

- raisins or nuts)
- 1/3 cup canola oil (canola oil is the only type I can use, but any type will do)
- 1/2 tsp baking soda (gluten-free brand)
- 1/4 tsp sea salt (table salt has iodine, which contains corn)
- 1/2 banana (this helps bind the cookies since it's egg-free)

Directions:

Mash the banana. Mix remaining ingredients thoroughly until batter is even. Drop batter by teaspoon full onto greased baking sheets, allowing space for drops to expand. Bake at 375 F for eight to 10 minutes, or until golden. Let cool five minutes on baking sheet before carefully transferring to wire racks.

**Note: A good gluten-free brand is Lara's Oats and Lara's Oat Flour.*

Opinions.

Two-tier travesty?

BC should re-evaluate current healthcare laws

By **Natalie Serafini**,
Opinions Editor

As Canadians, we're supposed to be treated equally in relation to important matters like healthcare. But are we, and is that even ideal?

Dr. Brian Day, who runs Cambie Surgeries Corp. and the Specialist Referral Clinic, has prompted a relaunch of the two-tier healthcare debate by charging patients for services covered by provincial healthcare.

A two-tier system is one where citizens pay for their own healthcare. They can directly pay

the doctor or medical institution, or invest in insurance. The good? Receiving quicker, better treatment. The bad? Few people, apart from the rich, have a couple thousand dollars sitting by ready for unexpected surgery.

An audit found that Dr. Day's clinics were illegally billing patients. Because of an

injunction to stop him, Dr. Day is challenging the province's healthcare laws in court. He argues that by charging patients, he helps to unburden the health care system. Otherwise, some people spend months on a waiting list for services that he can easily provide for a fee.

One of Day's more persuasive

examples, reported by The Province's Michael Smyth, relates to performing surgery on 79-year-old Erma Krahn. Krahn has lung cancer, and was on an 18-month waiting list for knee surgery. Day states that “she injured her knee, and all she wants to do is enjoy the quality of life she has remaining. She wants to

go for her walks. But the government says, 'No, you have to wait.' They handed an 18-month sentence to a woman who may have only 18 months, or less, to live."

Those opposed to a two-tier healthcare system argue that access to medical treatment should depend on need and not bank account. Although supporters of the two-tier system suggest that a change

would unburden the public system, opponents state that removing the wealthy from our healthcare system would be incredibly detrimental.

In many ways, I think Dr. Day is right. There are dangers associated with allowing doctors to charge patients, but no one wants to wait months for surgery if it's possible to receive aid sooner.

Nonetheless, I'm

concerned that allowing doctors to charge their patients for services means that the rich will get better health service while the poor will continue to receive the care—or lack thereof—available through our current healthcare system. The logistics of a two-tier healthcare system are questionable, as well. Decisions need to be made with regards to whether people who

opt for this pricey private practice would be exempt from contributing to the healthcare system, or if they would have to pay for their own care and contribute again for everyone else's. More than anything, this issue addresses a problem with our healthcare system. If there wasn't a serious problem with waiting lists and lack of care due to overburdened doctors,

nurses, and hospitals, it would be easy to simply dismiss the debate as academic. Perhaps BC's regulations are outdated or too broad. Maybe Dr. Day is wrong, but it's possible that his audit and the subsequent injunctions and lawsuits are necessary to prompt a re-evaluation of BC's healthcare system.

Honka honka burning hate

Why you need to lay off the horn

By **Natalie Serafini**,
Opinions Editor

Honking has become many people's idea of a useful tool for communicating interest, frustration, and greeting. While honking probably doesn't cause as many crashes as talking on the phone or texting do, it's still annoying and, as a form of communication, accomplishes very little. Humour me if you will, whilst I wax apoplectic over the many honk-happy happenings that need to stop.

Do you honk when you see an attractive person walking down the street? Don't. I understand, there are plenty of hotties walkin' around, and apparently your instinctual reaction is to honk at them. Nevertheless, it accomplishes nothing in terms of getting a phone number and mostly makes you look like a fool. If your reason for honking is as simple as "Hey hot girl! HONK!"

then just don't do it.

I have this thing where I don't run for things, even if I'm crossing the street and a car honks at me to move faster. If I have the right-of-way, I walk across the street; there's no sprinting on my part. To start, you don't have the right to be impatient since, in all likelihood, you will be arriving at your destination before I do and with much less energy than I will have to expend. I'm doing something good for the environment by not driving, and you're going to get irritated because I can't walk at 50 miles/hour? In fact, when someone honks at me to walk faster, I purposely slow my pace. Allow me to explain: you know when you're walking somewhere and there's a large group of people coming your way? They don't go single file, essentially forcing you onto the grass. Rather than just move over to avoid shoulder bumping awkwardness, you remain stubbornly on the sidewalk. You might even stretch your muscles imperceptibly to ensure

some sort of bump, just to show them that you won't be forced to the side. It's kind of crazy, right? Pretty passive aggressive and such. Nonetheless, it's what I do. So truly, honking to get me to cross the street faster is ridiculous because I can neither move as quickly as you'd like me to, nor am I willing to speed up just for your contentment. Don't bother honking.

Don't honk a greeting as you drive past. If you recognize me, it's not too surprising. I live in New West, go to school in New West, work in New West, and exercise in New West. Most likely, you know me in one of those contexts, which makes your spotting me in New West quite unsurprising. So really, why are you astonished enough to honk hello? I truly wouldn't mind if you didn't acknowledge my presence, particularly since being blocked by a metal and glass cocoon makes recognizing you nearly impossible. The only way I could figure out who you are is if I have your license plate or car type memorized,



“If your reason for honking is as simple as ‘Hey hot girl! HONK!’ then just don’t do it.

and you flatter me if you think I'd be capable of that. My vision is certainly not good enough to discern a quickly receding "E" from a "B," and my familiarity with cars begins and ends with "It's green." Especially if you're doing a honk and run whilst driving down a busy street, how do you expect me to know who you are? It's the roadrunner on steroids: "meep meep"-ing and

zooming off into the distance. Please just don't do it.

The thing about honking is that it's abrasive and annoying enough when it's actually serving its purpose. The fact that this mode of communication has dissolved into some sort of catch-all means that cacophony of beeps is all the louder and more frequent. There's a time and a place for honking. Brood before you beep.

Bad is bad, but passive is worse

Why passivity is unacceptable

By **Natalie Serafini**,
Opinions Editor

“First they came for the Jews and I did not speak out—because I was not a Jew. Then they came for the communists and I did not speak out—because I was not a communist. Then they came for the trade unionists and I did not speak out—because I was not a trade unionist. Then they came for me—and there was no one left to speak out for me.”

—Martin Niemöller

If you and I disagree about something, I truly don't mind. I mean, if we have a difference in

beliefs, I don't have a problem with the fact that we think differently. I can't guarantee that I won't think you're a jerk-wad, but I appreciate when people are opinionated. Without conflicting opinions, society is in danger of stagnation. Instead, what I can't stand in people is passivity.

I understand that most people don't get as angry about everything as I do. I also get that I, like many others, am oblivious to many issues, that I don't always make the right choices, and that I can't possibly take on every global injustice. But I can try: I can try to be aware; I can try to care if I don't already; and I

can try to do something, however insignificant.

This is why passivity is so frustrating to me. If people are aware of and care about an issue, ignoring the problem demonstrates a lack of integrity. If they purposely avoid educating themselves, they are guilty of ignorance.

The excuses given are often that we “should agree to disagree” and “can't constantly be fighting every battle.” It's true that society will most likely never come to an agreement on every subject, and that one person taking on every injustice isn't realistic. Nonetheless, there are too many people doing

too little.

We don't have to protest, and we don't have to fight every battle. But many people don't fight any battles. Never mind fighting a battle—fighting suggests getting off your ass and actually protesting or sacrificing something. How about supporting an issue? How about saying to yourself, “Hey! I don't like sweatshops! I should find companies that don't employ sweatshops, and support those companies.” It's easy to vote with your dollar. People in the States are doing it in droves over Chick-fil-A's blatant support of anti-gay agendas. To not do anything because

it's more convenient is inexcusable.

Agreeing to disagree is no position at all; it's not even an attempt at neutrality in instances where people's rights are being infringed upon. You cannot justify standing by when you could easily do something, no matter how seemingly insignificant. To shrug and say “We can't fight every battle” or “Let's agree to disagree” is to abdicate responsibility. If each of us only fights the battles that affect us, no one will ever have the power to make a difference.

Livin' la vida LG

In the defence of LGs

By **Natalie Serafini**,
Opinions Editor

LGs—or little girls, for those of you behind on their acronym trivia—get a whole lot of undeserved flack.

Even if LG status isn't desirable, the immense disdain on reserve for them is pretty preposterous. As far as I can tell, everyone's problem with LGs seems to be that they're young and immature. Either that, or people must care an awful lot about LG dedication to tanning and duck-facing. Those are non-issues as far as I'm concerned, so I can only assume the abhorrence stems from the bigger

picture of juvenility. Granted, being called an LG isn't something that most aspire to, and if they did, they might be setting their sights a touch too low. Still, LGs are neither so different from the rest of society nor are they deserving of derision.

The reason they're LGs is because they're young, usually peaking in LG-dom at around 14-16. While I don't recall duck-facing my way through high school, I wasn't a sophisticate either. Even in college, I'm not exactly refined, so I can't fault LGs for being similarly gauche. Youth is for making mistakes and figuring out who you are. However many mistakes LGs make, and however they find

themselves, this is their time to flounder about. Though it may appear that LGs aren't figuring themselves out upon noting their tendency to follow the crowd, this doesn't differentiate them from the rest of society. Many people depend on a group for guidance and comfort, or begin to form opinions by pushing outside of the crowd. Perhaps LGs haven't pushed beyond their group yet, but they're young and in the process of developing into persons with thought out beliefs.

I suppose the scorn extends to LG superficiality. While I'll concede that there are more important matters than makeup and tanning, awareness

is a process. Most people in college now would say they completely changed over the course of their first year, re-evaluating beliefs and forming new ones. Part of developing opinions is the exposure to new situations and pushing beyond what you're used to. In the transition from adolescent to adult, LGs will find matters they care about more than appearance.

Before anyone starts to think me too defensive of LGs, I must confess to being less patient with old LGs. LGs don't have to completely understand themselves or the world because their “littleness” is their free pass. If you have an excuse to be immature, superficial, and perhaps a little

mindless in your youth, you lose that Get Out of Jail Free card once you've been around the board a few times.

Overall, LGs aren't so bad and, if we're completely honest, a lot of us continue to be mindless. We act a certain way, talk a certain way, and dress a certain way so we blend more seamlessly with the crowd. We make mistakes, and don't always have our priorities straight. Is all of this so bad? Is it really the hallmark of an insufferable LG, or is it maybe just the hallmark of humanity? I'm inclined to say that LGs aren't as awful as they're cracked up to be, and we aren't so bad for vaguely resembling them.

Standing a-loan

Interest troubles with student loans

By **Eric Wilkins**,
Staff Writer

For those who don't have benevolent benefactors backing them, post-secondary education can add up to quite a pretty penny. The prospect of taking on a soul-crushing loan isn't a happy one, nor is the thought of attempting to maintain steady work on a full-time school schedule. Fortunately, the government and their student loan godsend have got your back on this one. Or do they?

While it's all rainbows and butterflies during your studies,

the aftermath of college/university can be a wholly different tale. Of course, it's no real surprise that the government only truly takes an interest in you when it comes to paying them back. Apparently the knowledge that, because of their contribution, a young adult is now equipped with the tools to succeed in this world is not enough for our magnanimous loan shark. As soon as you're out the door with that goofy grad cap perched atop your head, the so-called "grace period" begins. But this grace period isn't quite as gracious as one would like it to be. While you don't have to pay for six months, you do get

to watch a pile of interest build up.

The current structure of a student loan makes about as much sense as the origins of Scientology. But I digress.

The point of student loans, or at least the supposed point of them, is to provide financial aid to students so that they can study, attain new skills, and then go forth and get a job related to their post-secondary education. However, in this increasingly difficult economy, the threat of getting buried under a heap of debt can be a terrifying reality. Many students don't find employment immediately following graduation, and can fall into dead-end jobs

completely unrelated to their desired field. Tack on the cost of living (rent, food, clothing, etc) to the growing loan payment (a \$27,000 degree can rack up \$8,000 in interest), and it's easy to see why so many become stuck in these minimum-wage positions. With no time to actively pursue a career in their chosen profession, they may find that degree on the wall becomes nothing more than a very expensive piece of paper.

And if the thought of an underwhelming job isn't bad enough, just getting that job isn't a guarantee. In Canada, the jobless rate is sitting at 14.7 per cent for those between the ages of 15 and 24. While this

number is a fraction of Greece's (51.1 per cent), it is nonetheless a disturbingly high figure.

So, am I blaming the interest on student loans for the demise of many once-promising careers? Not entirely, but it certainly is a contributing factor. And while there are many things we just have to live with in this world, low interest on a student loan shouldn't be one of them. Newfoundland and Prince Edward Island already figured it out; it's about time the rest of the country followed suit.

50 shades of erotica

Gender roles and romance novels

By **Jennifer Markham**,
Contributor

As most popular book series do, it felt as though it were overnight that everyone started talking about the 50 Shades series like they were three books that would change your life. For such a popular book though, I couldn't figure out why I didn't see anyone reading it—neither on transit nor in coffee shops. That is, until I picked it up myself. All of sudden, the hushed voices and sheepish smiles all made sense.

The book graphically

describes a dominant and submissive relationship in steamy detail. I was home alone and I still closed the blinds, I was blushing so badly. I can't even admit to reading it with a straight face, and only people who have read it can join the exclusive club of "Oh I know..."

But more importantly than whether the books are good or bad, it's essential to think critically about why these books became so popular.

Despite all the progress we've made in equality since the 1960s, women are raised from a young age to suppress their sexuality. As teenagers, we navigate the fine line between sexy and slutty, and by

the time we're adults, we've figured out that being promiscuous is only socially acceptable if you're a male. He who sleeps around is a player; meanwhile, if a girl overtly gets around the block, she's a floozy.

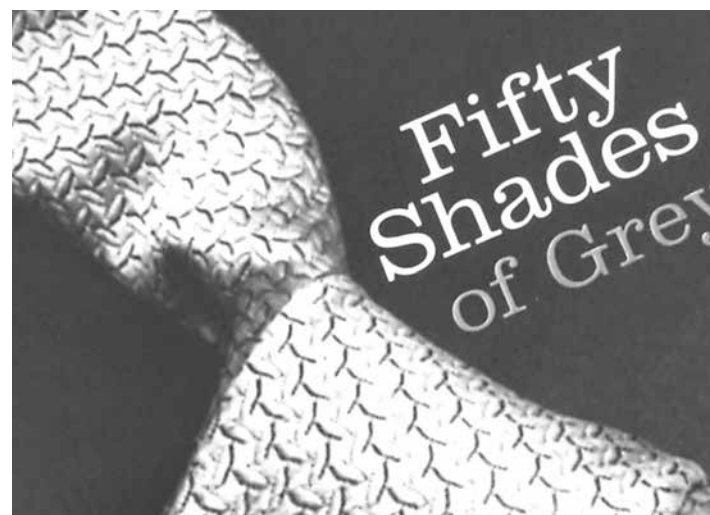
Same goes with watching porn: it's socially accepted that the large majority of the male population knows how to delete a computer's history. It's just not as common to hear a woman openly admit to doing the same, and that's why Harlequin romances and erotica make so much money. But does a graphic sex scene in a book stimulate our brain (and other places for that matter) any differently than a sex

scene in a pornographic film? Doubtful. But it's our social norms that define what's acceptable.

Let's face it: these books certainly aren't extraordinary because of the unique storyline—bondage and discipline aside. The writing style itself isn't at all unique either, and some of the words seem to be thrown

into sentences in a jarring manner, as if someone picked up a thesaurus and picked out a couple words at random to seem more educated.

Whether or not you're going to read the books, or let your girlfriend read them, it's important to constantly question prescribed gender roles, and who defines them.



Moving on

Soccer transfer roundup

By **Eric Wilkins**,
Staff Writer

It's been a busy transfer window for soccer, with plenty of big names seeing a change of scenery. The ridiculous sums of money being thrown around seem to be soccer's attempt to say, "Economic downturn? What economic downturn?"

It's just not a true transfer window if Arsenal doesn't offload one of its stars and Manchester United doesn't make a massive signing. Thankfully, there was one deal that covered both of these. In a somewhat surprise move, Robin van Persie made the switch to Old Trafford after flirting with several other clubs. Adding to the grief, Alex Song is now a member of Barcelona. The Gunners tried to ease the pain of their ever-frustrated fan base by picking up a few players, namely Lukas Podolski, but it looks set to be another long, fruitless season at the Emirates. United, on the other hand, brought Shinji Kagawa into the squad from Borussia Dortmund to add some attacking flair to the middle of the park while sending the least impressive member of their crowded strike force, Dimitar Berbatov, to Fulham.

Premier League moneybags Manchester City ensured they got in on the action by securing Javi Garcia's services from Benfica. Joining Garcia as fresh faces at the club are former Toffee wonderkid, Jack Rodwell, along with Scott Sinclair, and Maicon. Meanwhile, Nigel de Jong, Emmanuel Adebayor, and Adam Johnson were shown the door, heading to AC Milan, Tottenham, and Sunderland, respectively.

Ever-loveable Chelsea finally got their hands on one of Europe's most coveted midfielders when they managed to ink Eden Hazard to a new deal from Lille. With a little luck, Hazard will make Cheatski watchable. Last year's Champions League Final was the kind of display that justifies the "soccer is boring" comments. They had just as much imagination in that game as a brain-dead lemming.

Over at White Hart Lane, the Spuds offloaded Luka Modrić to Real Madrid and sent Rafael van der Vaart back to Hamburg. With the funds produced from these transfers, tight-fisted Daniel Levy went out and grabbed Joao Moutinho to fill the void in the midfield. As of this writing, it looks as if Spurs will finally have a keeper, with Hugo Lloris reportedly agreeing to a switch from Lyon.

Finishing up at another club backed by some significant money, QPR made themselves worthy of a mention in my books by picking up young Canadian star, Junior Hoilett. While I hate clubs that simply buy their way into relevancy, it's hard not to cheer for a club with a Canadian. Of course, this could all change if Hoilett pulls a Jonathan de Guzmán, but that's highly unlikely, given Jamaica is his only other eligible country. Also running into Loftus Road is Korean hero, Park Ji-Sung from Manchester United and Júlio César from Inter Milan. With the ever-troublesome Joey Barton supposedly on his way out, things are looking good for QPR this year, or, at least better than last year's relegation struggle.

And there it is, a Premier League-weighted slant on the transfer window. Manchester United takes the title this year. You heard it here first.

Royals Roundup

A new year, a new chance to kick off

By **Josh Martin**,
Sports Editor

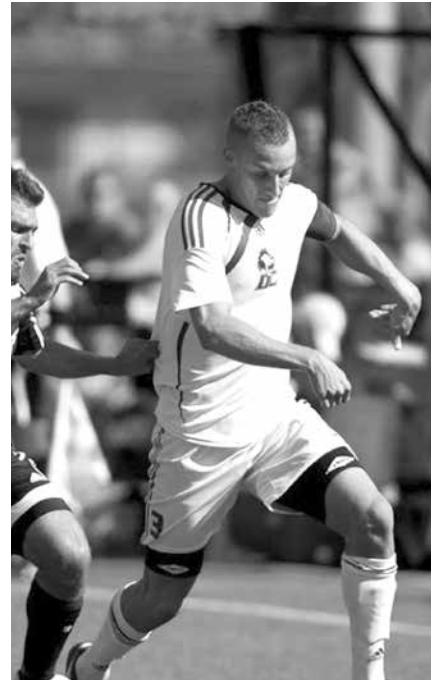
School. The only reason any of you are picking up this paper and reading this very article. You're at Douglas College, and my past two years here have been some of the best times that I've been a part of—solely because of getting involved with the school community. Whether it was through the Theatre program that I recently graduated from, the Wales Field School program, meeting new people, or simply getting involved with The Other Press, it's been a blast.

Some of you are here because you have no idea what you want to do with your future. You're getting in your two years and then transferring off to a university somewhere else. Or you missed your deadline for the BCIT broadcasting program and have to wait another year before entry. Any of those reasons are legitimate, but why not make the most out of it?

One of the best ways to get involved with the Douglas College community is through our sports teams.

Soccer, basketball, badminton, volleyball, baseball, softball, golf, and the running club. You name it, we got it. Whether you're an avid fan that loves to watch your peers play, a student that's new to this place and is interested in sports, or an athlete yourself, then come out and support your troops or join a squad! Our teams will be playing throughout the year here at Douglas and are always up for more support.

Last year, Douglas College hosted the 2012 PACWEST



Volleyball Championships. Every game was packed to the brim full of fans to cheer on the Royals. Our men's volleyball team went on to win the PACWEST championship taking the gold right here at home in our very own school—one of the biggest moments in recent years for the Royals athletic department, especially in front of our home crowd.

The team to watch this fall are the Royals men's soccer squad who have fire in their eyes this season, coming after a nightmare of a year last season, when they were disqualified from the league due to the ineligibility of Simrin Rattanpal—who failed to accumulate the 18 credits that were required by PACWEST to compete as a player in the league. This was a huge upset for the soccer squad, who were favoured to win the national championship title in Quebec. This year, there's no chance of them missing Nationals, as they're hosting the Championships and will be granted entry regardless. All eyes will be on them this fall, with huge expectations to bring home the title, especially after such a disappointing year.

Royals team schedule:

This upcoming week, the men's soccer team kicks off on an Okanagan trip with their first stop in Kamloops on Saturday September 8 against Thompson Rivers University at Hillside Stadium at 2 p.m. They then make their way to Kelowna to face UBCO on Sunday for another 2 p.m. battle. Their first home game will be against Quest on September 22 at 3 p.m. in Coquitlam. The women's soccer team will be joining the men on the Okanagan trip and will be making stops in Kamloops and Kelowna as well,

with both games on Saturday and Sunday at 12 p.m. They will be partaking in their first home game on September 22 as well, against Quest at 1 p.m.

Royals team tryouts:

Badminton: before Sept. 15, contact Coach Al Mawani for details. **Baseball:** Sept. 18, 5 p.m., Whalley Stadium, Coach Cavanagh Whitely. **Men's basketball:** Sept. 6, 8–10 p.m., New Westminster gym, Coach Denis Beausoleil. **Golf:** Women's golfers needed for Sept. 6, contact Coach Gert van Niekerk for details.

Football Fever: replacement refs and rookie QBs

By **Eric Wilkins**,
Staff Writer

We've finally hit that glorious month of September, and you know what that means: NFL football. I'm a diehard CFL fan (after all, our balls are bigger), but the masochist in me needs to see my beloved Rams get crushed on a yearly basis. So, yay!

Heading into the season, there are two main storylines worth writing home about: the replacement referees and the ridiculous number of starting QBs who are rookies. Referees have always been ragged upon for their constant errors in, well, any sport really. Football is no exception. Therefore, when you throw a bunch of fresh zebras into the spotlight, there's bound to be some hiccups. The pre-season showed just that. Overwhelmed officials bumbled about the field, stuttered and stammered through penalty calls, made multiple trips to the video review booths, and managed to do an overall shoddy job.

With the question of whether there would be a noticeable difference with replacement officials as answered,

the only question that remains is: how long will it be before either the league or the refs cave? Neither side stands to benefit much from this impasse. Referees aren't players. They aren't paid exorbitant amounts. Regardless of the new deal, it's unlikely that they will ever recoup the earnings that they have lost. Should this dispute carry on longer, there is a remote chance that the replacements will find some degree of competency and render the official officials unnecessary.

From the NFL's side of things, it just isn't good publicity. Touting itself as the top football league in the world—as evidenced by Super Bowl champions often being referred to as World Champions—and then failing to provide top quality officiating, doesn't quite jive. The on-field blunders by the replacements have already become an amusing talking point among fans. However, while the mistakes are funny and laughed at in the pre-season, it's difficult to imagine a fan taking it very well when the real games kick into gear. That call that was unbelievably overturned, giving the other team the

ball? For some reason, it's not as hysterical in the regular season.

Neither side is benefitting in the least. Settle up and move on, before it's too late.

There seems to be a new fad in the NFL: starting rookie QBs. An unprecedented five rookie QBs are starting this year: Andrew Luck with the Colts, Robert Griffin III in Washington, Ryan Tannehill in Miami, Brandon Weeden for the Browns, and Russell Wilson at the helm for Seattle. Tradition is being shattered. Gone are the days when quarterbacks would ride the pine for a few years before finally taking to the field. These teams who drafted fresh signal callers in the spring clearly envisioned the future now rather than later.

But why is this? It's not as if these passers are really coming out of college any more pro-ready than their predecessors (see: Blaine Gabbert or Christian Ponder). Is it really just to make a buck in the short term? A new, promising name behind centre is a sure-fire way to sell some jerseys, but is that such a wise idea in the long run? Or perhaps these teams need to play these rookies simply because

they're the best men for the job?

Both points hold some weight. What owner doesn't enjoy an influx of cash, for however brief a time? And as for the rookies being the better option, all one needs to do is take a peek at the depth chart. Matt Moore? Colt McCoy? Rex Grossman? Drew Stanton? Matt Flynn? While a case can be made for Flynn, none of these passers are quarterbacks you look at, slowly nod your head, and say, "Yeah, that's my guy." Wilson was the only one of the group who actually won the job. The rest of them, no matter what you read in the paper about how it was an open competition, had the job wrapped up the day they were drafted. The real reason all these rookies are starting is because of the remarkable seasons by a certain Cam Newton and Andy Dalton last year.

With Dalton finishing just shy of 3,400 yards passing while leading the Bengals to the playoffs, and Newton eclipsing the 4,000-yard mark to go along with over 700 yards on the ground, the perception of rookies has changed. If those two could perform so well, then why not this year's

class? What's to stop this from being not just a temporary fad, but a growing trend?

The simple answer? Newton and Dalton were the exception and not the rule. Rookies struggle. That's how it is, and that's how it always has been. Yes, there are standouts along the way, but, for the most part, throwing a first-year gunslinger into the fire is asking for trouble. Even the great John Elway had a miserable introduction to the NFL (11 games, 1,663 yards passing, 47.5 completion percentage, seven touchdowns, 14 interceptions). This class is laden with talent and may do quite well this year (several of my fantasy teams are counting on it), but talent has never been a guarantee for success, and that's not about to change now. Just because RGIII is fast and has a cannon for an arm doesn't mean he'll put up Newton-like numbers, and just because Andrew Luck is the second coming of Peyton Manning, doesn't mean he'll rise on the first day.

Now go forth, grab a beer, throw some chips in a bowl, and resume your position as an armchair quarterback.

War of Words: the Lingerie Football

More than meets the eye

By Eric Wilkins,
Staff Writer

Males are fairly basic. We like scantily-clad women, sports, beer, and lazing around (with some variation in the order). Any fellow who tells you otherwise is merely attempting to lure you into a false sense of security until the first interest listed becomes a reality.

Anyways.

The Lingerie Football League (LFL) seems to have hit upon the magic combination: females running around in bikinis playing football. Scantily-clad women? Check. Sports? Check. Beer? It's a football game: check. Lazing around? Well, duh.

With all this in mind,

is the LFL primarily making its money off of objectifying women? While it's possible to hem and haw around the subject as much as one wants, the plain and simple answer is a resounding yes. The sole reason that the LFL is able to exist is because a guy will pay for anything, so long as a semi-nude female is promoting it. However, this shouldn't detract from the legitimacy of the league.

While its foremost *raison d'être* is to make money, the LFL has, in a slightly degrading way, given women another opportunity to take part in professional sports. After all, that's what the LFL is: a professional sports league. While the fat slob in the first row (whether he's a has-been or a never-was) is watching the game with about the same state of mind as he would a mud-

wrestling match, like it or not, he will have to recognize at some point that the females in front of him have reached a higher level of athletic achievement than he ever did. They are getting paid to play sports. Yes, these are professional athletes.

The uniform is less than ideal for sports, but these women are playing nonetheless. Amid the shoulder pads and cleavage, it's easy to forget that this is still football. These women can, and do, crash into each other. Getting hurt is not only a possibility, but a given. The league has already seen some serious injuries, among them ACL tears. This league is for real. These women are for real. It may be just a big joke for the drooling crowd, but down on the field, it's anything but.

With the growth and success of the league,

there may eventually be a professional football league for women that doesn't involve beach attire. When women's basketball first started, players had to wear

skirts. Nowadays they're in shorts and a jersey just like the men. Perhaps something similar may be in the cards one day for football.



A complete joke

By Josh Martin,
Sports Editor

In today's society, it seems to me that the most popular sports leagues to watch are all played by men. The NHL, NBA, NFL, MLB, MLS, and the PGA. It is how it is. The only exception in my books would have to be tennis, where I could easily name off several female professional tennis players who are arguably just as popular as the top men players—without objectifying their looks.

This all leads to

the Lingerie Football League, which has been introduced to the "Bible belt" community in Abbotsford.

The "BC Angels" are rocking the same colours as the Vancouver Canucks: blue, green, and white. They belong to a league where women can play football in a stadium surrounded by fans and get paid to do it. Sounds great, doesn't it?

Finally, after all those years of dreaming of some day playing football professionally, these ladies' dreams have come true. A Cinderella story. One with lingerie, football pads, jeering fans, hotdogs, beer, and a

good ol' time.

However, the sad thing is that the women who're playing in this league are being completely objectified for their looks. They have to wear lingerie in order to be compared to professional athletes around the world. Is this the only way to bring fans out to watch their games? Playing football in complete lingerie; is this what our world is coming to? A world that has made significant moves forward in the rights and equality between the male and female sexes. It feels as though this league is moving everything

backwards.

The girls on the team don't seem to notice how their looks are being exploited.

"It's bigger than what I thought it would be," said quarterback Mary Anne Hanson. "Being in the best shape, you don't worry so much about what's on you, or not on you."

"It's nothing less than my bathing suit when I take my kids swimming," said Darnelle Bernemann, a guard for the BC Angels. "I just want to play football, and having all of this excitement is a bonus."

Yes, it definitely is a bonus. A bonus

that's perhaps the most attractive reason why fans actually come out to watch them play.

Tryouts for the Abbotsford squad were held last March, where potential players were told to wear "cute gym wear." There was expected to be hundreds and maybe thousands of athletes to come and compete for a roster spot, but only 20 women showed up. Only 20! This brings up the question of whether these women are actually considered professional athletes, or are just there for pure eye candy to the public.

Violence of Viewpoints: college edition

I can't wait to start college wearing my free swag!

By **Joe Keener**,
Overly Eager Person

Well, here I am! Ready to begin my first steps towards adulthood by going to college. I wonder if my parents will be worried about me? After all, Douglas College is about 45 minutes away from home. When I told

them about this place, the two of them almost went into hysterics over their baby boy leaving the safety of home-school. But I'm not like them, because now that I'm going to college, I'm going to be the coolest, smartest, and handsomest man alive!

I hope that Douglas College has frat houses. When I got my campus tour, I didn't see any dorms, but maybe they're only visible to those who meet the proper requirements. Lucky for me, Douglas has already

given me all the swag I can carry! A bunch of the stuff says "Douglas Students' Union" on it. I think that's just a code name for the dorms, so people won't think that Douglas has a bad reputation. In any case, I'll be wandering around the halls wearing my Douglas sweatshirt, pants, and the beads I got when I checked in at orientation! That way, people are bound to think I'm cool!

In addition to wearing the Douglas clothing around

campus, I'll also make sure to impress my professors by writing down my homework in my free agenda and drinking coffee from my Douglas College mug. By showing up to classes in all this Douglas College wear, my teachers will think that I'm really excited about learning and will automatically give me extra credit in every course!

So long, mom and dad! Thanks to the kind people who helped me out at the orientation, your little man is going places!

I hate college and I'm only going because my dad forced me to.

By **Marc Scheisskopf**, Person
Who'd Rather be Watching
Japanese Cartoons

Ugh, I fucking hate this place. Not because it's

necessarily bad, but it's just so boring. There's no adventure here, only cheap-ass decorations and booths. By the way, all these booths suck. There's no anime club here. Even though there was an Asian lady in charge my little group of sheeple, which I was sorted into without a thought, she didn't even speak Japanese!

Oh well, it doesn't matter

anyway. That lady's a baka for not being Nihongo like I am! Humph. I got these stupid beads, which at first I thought were supposed to ward off demons or something, but it turns out that they were just plastic junk! Unsurprisingly, the sheeple bought into them like the baka they are. In fact, this whole orientation is baka. For a school that has a lot of Nihongo,

they weren't dressed all kawaii desu. Watashi aishiteru kawaii Nihongo girls. I even said that exact phrase during the introduction session and no, I will not provide a translation, you baka! You're too baka and un-kawaii to even grasp glorious Nihon-sama!! It doesn't matter; I'm going to become a famous mangaka in Nihon someday!

So take that, you baka gaijin.

An exploration of extreme egos, quality of pop music

'Overexposed' review

By **Joel MacKenzie**, Staff Writer

First, I have to apologize for the lateness of my review. The album, *Overexposed*, was released in June 2012, and at the time, I, like many other listeners, did not understand the nature of the band behind it, Maroon 5. I hastily wrote it off as a cheap, uninteresting pop album; but 12 chance listens to the single "Payphone," played roughly every seven minutes somewhere on the FM dial, revealed to me the album's very clever satirical nature.

Overexposed slyly criticizes the pitfalls of pop music by using them excessively without definitively labelling them as such. The album gently invites the listener to laugh with the band at the ridiculousness of the

repetition and lazy lyric-writing prevalent in today's pop music, as well as the extreme egos of the genre's front-persons. Songs blend in *Overexposed*. They all feature loud, unrelenting vocals over repetitive chord progressions. Song structures are predictable, hilariously repeating the typical pop organization of introduction, verse, pre-chorus, chorus, bridge, etc. The instruments blur together in every song in a barrage of muddled chords, thus highlighting pop's lack of emphasis on them. The drum patterns never deter far from typical beats predominantly using the high hat and snare. Of course, the sarcasm evident in the predictability of this production is not immediately apparent without careful listening; they act as a gentle set-up to the punch line that is the lyrics.

The seemingly lazy, predictable lyrics provide the real comedy in *Overexposed*. Lines appear to have involved very little thought, incorporating clichés, hilariously awful rhymes, and lines making no attempt to rhyme at all. Filler vocals are prevalent throughout: roughly 75 per cent of "The Man Who Never Lied," for instance, is repeated lines and different variations of "oh." Lyrics consistently avoid creating mental images, only evoking vague references to love, changing, touching, etc. The use of emotional singing to cover the terribleness of these vague words is constantly laughed at, particularly in the masterwork "Sad," where the words "sad" and "scared" are shouted throughout.

Finally, the album analyzes the extreme egos of pop's front-persons. The unchanging,

smug, underachieving voice throughout proclaims "I don't have to try very hard." The lack of vocal silence on the album appears to be a testament to the singer's engulfing ego: when the focus could easily be on the instruments, the voice dominates with "oh's," often apparently mocking the simple musical phrases.

Overexposed offers a hilarious satirical look into the cheapness of the pop genre, and gets a lot right. However, while the jokes appear obvious to experienced, professional music reviewers, they are perhaps not apparent enough to the lay-listener. With a slightly more blunt approach, Maroon 5 could reach the same calibre as other comedy acts like Flight of the Conchords or Garfunkel and Oates.

New law requires that cigarette packaging warn smokers about how cool they might look

Warnings of positive reinforcement from fellow peers meant to deter young people from smoking

By Jacey Gibb, Chief Cool Correspondent

In a surprising move by the Harper government, a decision was made last Thursday morning to pass a new law requiring that tobacco companies warn consumers about how cool smoking will make them look.

The law, which has so far been well-received by critics, states that all cigarette packages "must display a label clearly stating that smoking is a wildly cool habit" and that "chicks dig guys that smoke." The law is expected to take effect early next month.

"I think the general

public has known for quite some time now about how badass they look whenever they're seen dragging on a smoke, but in recent years, it's gone from mostly speculation to something supported by scientific evidence," Wayne Brown, a spokesperson for Health Canada explained in an exclusive interview with The Other Press. "Numerous studies that we've conducted over the past two years have shown that individuals with traces of nicotine in their bodies were more likely to get invited to parties, ride motorcycles, and have a better time than individuals who didn't smoke."

The new law, appropriately nicknamed "Fonzie's Law," is just the beginning in what Health Canada is calling "the first step of a much bigger plan to educate

the public on the dangers of looking cool."

"When people light up for the first time, they're not thinking about what they're going to do with the insane amounts of action they're going to get from the opposite sex or how dramatically affected their social calendar is going to be by being instantly popular," Brown warns. "The long-term effects of smoking are very much real and it's time that people

know what they're getting into."

However, not everyone is as optimistic that the law will be effective in scaring off potential smokers. Jeanie Claude, a mother of three with too much time on her hands and a chip on her shoulder, has been particularly vocal in her opposition to Fonzie's Law. Claude's Twitter account, which she created only recently to spy on her 13-year-old son, has been producing

negative tweets over the last 24 hours such as "gee guess my kids r safe now dat theres a sticker on the box #sarcasm" and "da government rly jumpd da shark on dis 1 #seenhappierdays."

Despite the resistance from Claude and no one else in particular, the government appears to be holding firm on their decision and will begin publishing similar warning ads in schools and mall food courts as early as next week.

WARNING:
Cigarettes may
result in you
looking
completely
badass.



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Welcome all new and returning
Douglas College students!



DOUGLAS STUDENTS' UNION
Local 18 — Canadian Federation of Students

www.DSU18.ca www.facebook.com/Douglas Students Union @DSU18

September 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
Frosh Week 2012						
2	3 Labour Day	4  SNO-CONES David Lam entry courtyard outside cafeteria. 12-3pm	5  Free breakfast 9-11am A/B atrium David Lam Campus	6  Free Pancake Breakfast 9:30-12pm DSU Lounge, NW	7  FREE CORN ROAST 11am-2pm DSU Lounge, NW	8
9	10	11	12	13  SUPER HEROES PUB NIGHT DSU Lounge 7:30pm-12am	14	15
16	17	18  Free Movie Night BACK TO THE FUTURE 6:30 DSU NW Room 206	19  Free Coffee & News DLC C/D atrium 10am-12pm	20	21	22
23	24	25 Clubs Day New West Concourse 12-3pm	26  OPEN MIC NIGHT DSU Lounge 4pm-8pm	27 Clubs Day David Lam A/B Atrium 12-3pm	28  Last Day to Opt-out of the Health and Dental Plan if you have alternate coverage.	29
30	1	2	3	4  Oct 4 Sisters in Spirit Vigil	5	6